



MISSION STATEMENT

"The FAME Project seeks to improve the health of African-Americans in San Bernardino County through African dance and nutrition awareness."



Chahn Chess,
Health Educator/
Dance Instructor



FAME

Families of African American Ancestry Manifesting Our Excellence

Nutrition & African Dance:
Synthesizing Health In A
Whole New Way

June 2003

FAME Continues to Step in the Right Direction



Back/Front, L/R - Daniel Welderhaul, Eric Frykman, Assemblyman John Longville, Maria Whitaker-Saucedo, Will Gray, Chuck McGee Jr., Jeanne Silberstein, Reja Bledsoe, Errika Terry, Bronica Martindale, Kemaine Thurston, Bronique Martindale, James Eickholdt, Constantino Hall, Tekiaya Gordon, Chahn Chess

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More on these and other FAME activities inside...



Aarion Story



Recent Events Kids Club!

Assemblyman John Longville Visits Johnson Hall

During the month of May Assemblyman John Longville visited Johnson Hall's Kids Club where he participated in the African Harvest Dance and tasted some lemon squash (lemonade) that the kids prepared. With the kids gathered around, Longville told them what he does as assemblyman in the community and then gave them an opportunity to ask questions.



Jaleel Griffin and Raymond Pipkins along with friends show John Longville Fame dance moves



Kemaine Thurston

Kemaine Thurston wanted to know what is the most important thing that he does as an assemblyman?

Longville explained that he passes laws, but even before that happens, there is a lot of research that goes into it, to make sure that that he is doing the right thing since it affects so many people!"

Longville went on to discuss a potential trip to Sacramento for half a dozen kids from the FAME project next year. He would like this group to perform the African Harvest Dance on the assembly floor for the Black Caucus Legislators. Longville explained that they would be flying to Sacramento and would be staying in a hotel. Chaviante Bledsoe asked if they could go by train or something else as she was not too keen on the flying.

Longville's reply was that it would take too long by train and the kids who are selected would be flying.

Chaviante blurted out quickly with, "I'll fly then!"

The kids will continue to practice dancing in order to participate in several planned events for this year as well as in the coming year.



Chaviante Bledsoe



Chahn Chess, Donna Marino, Bronique Martindale, Lá Vonte Henderson and John Longville

Recent Events

Representative From University Of California Berkeley Visits Local Community Locations

Gail Woodward-Lopez and Yolanda Becerra-Jones from the UC Berkeley Center for Weight and Health visited both Delmann Heights and Coyote Conservatory Adult/Family night class in April. They came to provide support and advice to our project.

Gail and Yolanda observed and participated in the activities at these locations including our African Harvest Dance with the nutrition messages blended into it. We got a thumbs up from them for a job well done. The nutrition education and dance are taught weekly to adults and youth in community locations.



Gail Woodward-Lopez Learning the moves of the African Harvest Dance at Coyote Conservatory

UPCOMING EVENT

Practice!
Practice!

And More Practice for
4th of July Parade



Donna Marino leading stretches before dance class



Chahn Chess, Blanca Alvarado, Lupe Alvarado and Daina Decker work on dance moves



UPCOMING EVENT

CONTINUED

Event: **City of San Bernardino 4th of July Parade and Celebration**

Theme: **"America the Beautiful"**

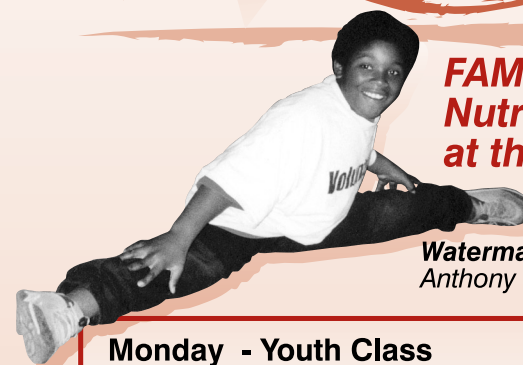
Bang! Boom! Pow! Look Out! Here it comes the Historical 4th of July Parade honoring the country's independence. FAME and California Gardens are partnering to dazzle and nourish the community during the City of San Bernardino annual celebration commemorating this date. It all begins at 8th and E St. in downtown San Bernardino at 10:00 a.m. and ends at Rialto Ave. We will be bringing forth a powerful message with a 5-A-DAY rhythm, and a Traditional African Harvest Dance. You don't want to miss it.

Waterman Gardens Kids Club

In preparation for upcoming 4th of July Parade Chahn Chess teaches Vanessa Fuerte and Marilyn Mecxin new dance moves.



BE THERE!



FAME TEAM teaching African Dance and Nutrition January through September 2003 at the following sites:

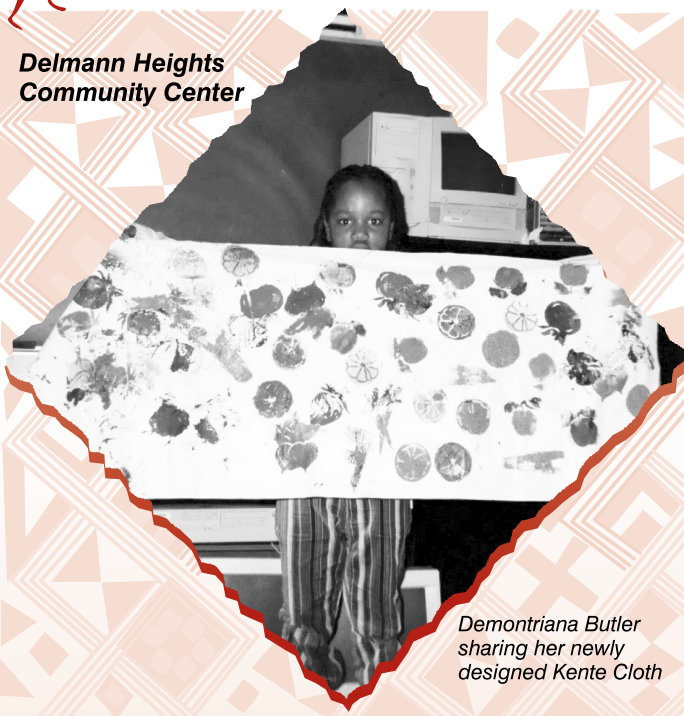
Waterman Gardens Kids Club
Anthony Lott demonstrates flexibility

Monday - Youth Class 4:00 to 5:15 PM	Top Flight F.S.O. Inc. Waterman Gardens Kids Club 402 Alder Street, San Bernardino (909) 884-7717
Tuesday - Youth Class 5:00 to 6:00 PM	Delmann Heights Community Center 2969 North Flores, San Bernardino (909) 384-5417
Tuesday - Adult and Family Class 7:00 to 8:15 PM	Arts on 5th - CSUSB Coyote Conservatory 468 5th Street, San Bernardino (909) 384-9430
Friday -Youth Class 4:30 to 5:15 PM	Top Fight F.S.O., Inc. Johnson Hall Kid's Club/Teen Center 906 Wilson Street, San Bernardino (909) 885-7367



Activities

Delmann Heights Community Center



Demontriana Butler sharing her newly designed Kente Cloth

Kente cloth is a traditionally multicolored cloth that originated in Ghana. Legend has it that a man named Ota Karaban and his friend Kwaku Ameyaw learned the art of weaving by watching a spider weave its web. They perfected their craft and presented it to their chiefs who later made it a royal cloth; it was only worn by kings and queens and used during special occasions.

Culturally, Kente is more than just a cloth. Every pattern and symbol represents historical and traditional events, personal achievements, religious beliefs, or social values; it tells a story. Even the colors used have their own meaning.

Our **FAME 5 a Day** "Kente" cloths tell a story too: Eat at least five servings of fruits and vegetables every day for good health! Remember: Five a day keeps the doctor away and gives you the energy to learn and play!

Kids And Kente Cloths

Delmann Heights Community Center



Daniel Lacey, Chahn Chess and Dreyvnon Ray Stewart having fun painting Kente Cloths



Ivory Warren (youth participant) and Chahn Chess (Health Educator) seeing how they measure up to 5 Fruits and Vegetables a day



Teslyn Henry giving lesson on the history of Kente cloth

Focus Groups

Leah McGee and Shá Quita Sams participated in Focus Groups at community center.



Leah McGee



Shá Quita Sams

Youth Promote 5 a Day And Physical Activiyy With **Catchy Slogans**

When the group was asked what slogans they would write under a picture of a green piece of broccoli to encourage family and friends to eat more of it, here is what they said,

"Take Me Home With You"
"Cook Me"

Our youth came up with more slogans;

Mangos



"I Am Juicy"

Juicy Strawberries



"Come Buy Me" And "Come Eat Me!"

When the group was asked what slogans they could come up with to encourage their family and friends to do more physical activity, this is what they said,

"Just Do It" "GO FOR IT"

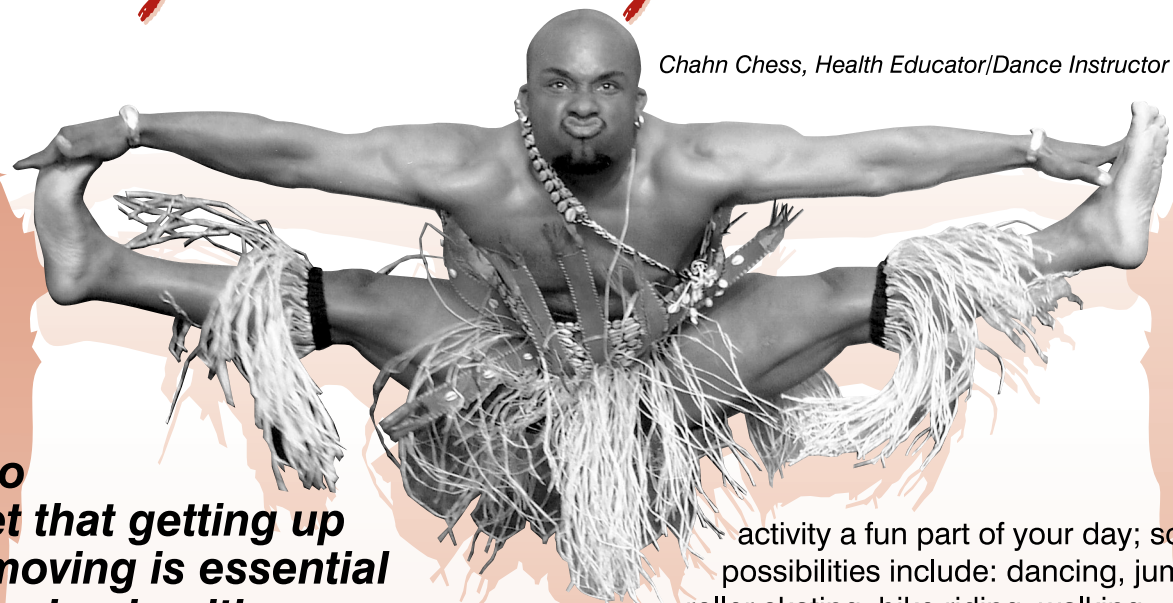
"Speed Up" "Try Harder"

"Make It Happen"

"WHO ROCKS THE HOUSE?"

Physical Activity

Chahn Chess, Health Educator/Dance Instructor



It's no secret that getting up and moving is essential for staying healthy

and keeping our bodies in good condition. On a daily basis, television, newspapers and magazines are commenting on the increasing numbers of people whose weights are going up and whose activity levels are going down. It is this pattern that poses a problem to the health of the general population and very specifically the African-American community.

One of the best ways to combat this is with physical activity. Research has consistently shown that even low levels of activity are better than no activity at all in the prevention and management of heart disease. And there are a lot of things to choose from when making

activity a fun part of your day; some possibilities include: dancing, jump rope, roller-skating, bike riding, walking, hopscotch and swimming.

It's really not hard to get the recommended amount per week when your having fun. Give yourself a treat. Take time to be physically active everyday, at least 60 minutes for children and teens and at least 30 minutes for adults. The **FAME** program has chosen dance because it makes exercise fun, appeals to all ages and has numerous health benefits. Couple this with nutritious eating and you have plan for getting healthy that can't be beat!

FAME participants delivering nutrition messages through the expressive movements of dance. The youth performed how vitamin C fruits and vegetables provide the nutritional benefits of growth and healing.

Be Active and Have Fun!

Randall Pipkins,
Jaleel Griffin,
Raymond Pipkins,
Aarion Story and
other youth dancing



Johnson Hall Community Center

Recipes

African Greens in Peanut Sauce Serves 6

Ingredients:

- 1 tablespoon vegetable oil
- 1 teaspoon garlic, finely chopped
- 1 onion, finely chopped
- 1 green pepper, cored, seeded, and finely chopped
- 1 pound fresh spinach or frozen, thawed
- 1 tomato, finely chopped
- ¼ cup peanut butter (either creamy or chunky)
- ½ teaspoon salt
- ½ teaspoon pepper

Directions:

1. Heat oil in medium saucepan over medium-high heat. Add garlic, onion and green pepper, stir, and fry until onion is soft, about 3 minutes. Add spinach and tomato, and stir.
2. Reduce heat to medium, cover, and cook until spinach is tender, about 5 minutes. Add peanut butter and salt and pepper, stir, and heat just until hot.

Serve as a side dish or over rice

Nutrition Facts Per Serving :

Calories 118	Cholesterol 0 mg
Fat 8 g	Sodium 308 mg*

Recipe Source: Holidays of the World Cookbook for Students

This recipe is from Burkina Faso; it is a typical West African feast day dish using locally grown peanuts. Peanuts, called groundnuts, are a staple crop in many areas of West Africa, and they are used extensively in cooking. In Africa there are a large variety of leafy greens that are used for this recipe. Spinach is a good substitute. Greens contain vitamin A to help with vision and to promote healthy skin.

Fruits and vegetables contain vitamins, minerals, fiber and natural plant chemicals that help your body make energy from food. They also help our bodies to fight against diseases like heart disease and cancer and they help children grow.

Teslyn Henry taste testing
recipe before working on dance moves.
"Group Approval rate of 80%"



What Is Considered A Serving Of Fruit And Vegetables?

Q & A.

- 1 medium fruit or vegetable
- 1/2 cup fresh, frozen, or canned fruits or vegetables
- 1 cup salad greens
- 3/4 cup 100% fruit or vegetable juice
- (6 ounces) 1/4 cup dried fruit



Recipes

Chalada Fakya (Fresh Fruit Medley)

Serves 6

Ingredients:

- ½ cantaloupe, peeled, seeded, and cut into bite-size pieces
- ½ honeydew melon, peeled, seeded, and cut into bite size pieces
- 1 cup strawberries, cut in half, stemmed, and washed
- 2 bananas, peeled and thinly sliced
- 5 seedless oranges, peeled and segmented
- ½ cup orange juice
- juice of 2 lemons
- 1 tablespoons sugar
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon

Directions:

1. In a medium serving bowl, carefully toss cantaloupe, honeydew melon, strawberries, bananas, and oranges.
2. In a small bowl, mix orange and lemon juice, sugar, vanilla, and cinnamon and then pour over fruit. Toss gently, and refrigerate until ready to serve. Toss before serving.

Nutrition facts per serving

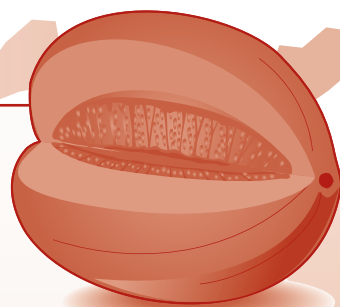
Calories 196	Cholesterol 0 mg
Fat 0.25 g	Sodium 21 mg

Recipe Source: Holidays of the World Cookbook for Students

Youth prepared and learned about this recipe from Algeria. In most Algerian homes a bowl of fresh fruit was placed on tables at the end of each meal. While they were seated around the table, it was customary for each person to peel and cut their selected fruit. For holiday feasts and celebrations, the cook often presented the fruit, which was already peeled, sliced, mixed, and flavored as in this recipe.

Teslyn Henry reviewing Chalada Fakya recipe with group, while Chelsie Blacksher stirs mixture

Chelsie Blacksher helps prepare Chalada Fakya recipe at Coyote Conservatory



Eat at least FIVE servings of fruits and vegetables everyday for good health.

Fame Photo Album



Asia, Bronique and Constantino preparing to make lemon squash (lemonade)



Aarion, Constantino, Asia, and Teslyn making lemon squash (lemonade)



Chuck, Bronica, Will and Chahn



Eric, Nicole, Jeanne and Maria learning African Harvest Dance moves



Chaviante, Bronique, Reja and Cocresha giving 5 a Day message



Reja, Cocresha and Donna making lemon squash (lemonade)

Resources

Top Flight E.S.O., Inc.

Top Flight's mission is to help youth achieve their maximum potential in areas of academics and athletics. The centers open after school to provide a safe place for youth to play, learn, socialize and be supervised by trained adults. Each center offers computer lab instruction, homework assistance, arts and crafts, a game room, field trips and sports leagues. Contact the center for more information.

Johnson Hall Community Center

906 Wilson Street, San Bernardino
For more information call (909) 885-7367

Waterman Gardens Community Center

402 Alder Street, San Bernardino
For more information call (909) 884-7717

Bighorn Community Center

921 Bighorn Drive, Barstow
For more information call (760) 252-5523

California State University San Bernardino Coyote Conservatory For The Arts

468 5th Street, San Bernardino (between "D" and "E")

The Conservatory provides workshops and after-school classes in a wide variety of arts including creative drama, dance, puppetry, acting, improvisation, creative writing, crafts and musical theatre. Activities are offered at no or low cost, with a large number of children attending on scholarships.

For more information contact: James White (909) 384-9430

City of San Bernardino Parks and Recreation Delmann Heights Community Center

The community center offers a variety of leisure and social activities for all ages and cultural interests such as youth and adult sports, teen and youth clubs, tutoring, arts and crafts, computer labs and senior nutrition. The center also partners with other agencies to provide specialized services and resources such as ESL classes, teen pregnancy prevention programs, immunization, food distribution and Headstart. The center is viewed as a place to receive current information, as well as a safe and healthy place for children to play.

For more information contact: Andy Brown (909) 384-5417



Resources



The Healthy Families Program

The Healthy Families Program provides low-cost health, dental and vision coverage to children who do not qualify for no-cost Medi-Cal and do not have private insurance. Molina Healthcare is a health plan participating in the Healthy Families Program.

Your child's health is important.

But sometimes it's hard to know what health plan you can afford and if your child is eligible.

The Healthy Families Program was created to give quality healthcare to children.

Your immigration status as a parent does not matter. The program is based on your family size and income.

How do I apply for my child?

Call Molina at 1-800-643-7276 with questions or to request an application. For information from the Healthy Families Program, call 1-800-880-5305.



Child Health & Disability
Prevention (CHDP) Program

Take your Child for a FREE Health Check-up!

All babies, kids, and teens need to visit a doctor to stay healthy!

Children without health insurance, or on Medi-Cal may qualify.

For more information about our services or to schedule an appointment call:

1- 800- 722-3777



WIC is a special supplemental nutrition program for pregnant, breastfeeding and postpartum women, infants and children up to the age of five who are San Bernardino County residents.

For more information call:

(909) 387-8301 or (800) 472-2321.



The Food Stamp Program

provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact

(909) 386-9502, 1-800-952-5253

or visit the website: www.fns.usda.gov



EAT 5 A DAY
for better health
AND BE ACTIVE

www.ca5aday.com

1-888-EAT-FIVE



FAME Staff Contacts

Teslyn Henry 909-387-0175	Public Health Nutritionist
Donna Marino 909-387-6248	Public Health Nutritionist
Chahn Chess 909-387-9194	Health Educator
Bronica Martindale 909-889-5180	Community Consultant

Fax (909) 387-6899



A message from the Nutrition Program, Department of Public Health, Human Services System, County of San Bernardino. Funds provided by USDA's Food Stamp Program, an equal opportunity provider and employer, helping limited income Californians buy more nutritious foods. For information about Food Stamps, please call 1-800-952-5253



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